

## **Weight Loss Motivation Tips**

### **5 Simple Diet Tips for Great Results**

Weight loss motivation and diet motivation comes from seeing results. Weight loss results come from setting weight loss goals and sticking to them. There is more to weight loss success than simply walking twice a week, cutting carbs, or skipping dessert. Weight loss requires an understanding of the motivation, nutrition, and body shaping workouts. These weight loss motivation tips from Lose the Lies Lose the Weight, <http://www.losethelieslosetheweight.com> will give you the motivation you need to get in great shape.

#### **1. Visualize your ideal self**

You have an idea of the way you would like to look. However, a vague idea isn't good enough. You need to be specific. Buy fitness magazines. Choose a look you would like to achieve. Cut it out. Add your face to the fit person's body. Post it on your refrigerator. When you reach for a snack, make sure it will take you closer to your weight loss goal.

#### **2. Capture those negative thoughts**

To lose weight, you must gain control of your ongoing negative self-defeating thoughts. Get a notebook. List every negative thought you have about your inability to lose weight. Your thoughts will sound like, "I can't lose weight. It's too hard. I've tried everything." Or, "I'm too old." When you're finished, shred the pages. Those brutal, persistent negative thoughts are the reason you failed at weight loss every time. Eliminate every thought of weight loss failure.

#### **3. Stop looking for the shortcut**

Weight loss product manufacturers know you want to lose weight quickly and easily, while enjoying all your favorite foods. Don't believe that "spectacular product" you see in an infomercial is your weight loss solution. Those unbelievably fit people in the infomercial worked very hard to get that way. There is no quick fix. Weight loss takes hard work and commitment.

#### **4. Keep a food journal**

To lose weight, you must take in fewer calories daily than you burn. Buy a food journal and calorie counter book. Read labels. Record your daily food and drink caloric intake. The average woman will lose 1-2 pounds weekly by eating 1,200-1,500 calories daily. The average man will lose about 2-3 pounds per week by eating 1,800-2,100 calories daily. Tracking your calories will lead to steady weight loss, which will lead to more motivation.

#### **5. Resolve that you will win.**

When you make the decision that weight loss victory is your only choice, you will be motivated to eat healthy and exercise. When you resolve to win at weight loss, motivation will follow naturally as the pounds start melting away. When you resolve to win, you will constantly make wise nutrition and exercise choices. Those wise choices will lead to weight loss success. Resolving to win at weight loss is the only way you'll reach your weight loss goal.

#### About the Author

Laurie Bell, BS is a two-time bodybuilding champion, health club owner, 42 year old mother, fitness lifestyle expert, and the author of Lose the Lies, Lose the Weight, a comprehensive resource covering weight loss motivation, fitness, nutrition, and body shaping workouts. For everything you need to lose weight, tone, firm, and sculpt your body, read Lose the Lies Lose the Weight by Laurie Bell. No hype. No fad diets. No excuses.

To order Lose the Lies Lose the Weight, visit <http://www.losethelieslosetheweight.com> or phone Back to the Basics Publishing at (800) 750-8820 and order by VISA or MasterCard.

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